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Bangalore Mirror ON SATURDAY

TEMP Max 26 | Min 17 | Humidity 74% Generally cloudy sky Sensex 59,900 | Nifty 17,859 | Gold 54,962 | Silver 69,171 | Dollar 82.76 | Euro 88.30 | GBP 99.64

Thanks to 'jelly stone shortage', Palike has again missed deadline of December 31 to fill potholes in Bengaluru

HOLESOME BLUES

2,000 stone crushing units on indefinite strike since Dec 21

| Melvin Mathew
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TWEETS @BangaloreMIRROR

After missing another pothole-filling deadline, the Bruhat Bengaluru Mahanagara Palike has now cited a jelly stone shortage for the failure to meet the pre-announced date. Previously, the civic body had assured of making Bengaluru roads pothole free by December 31.

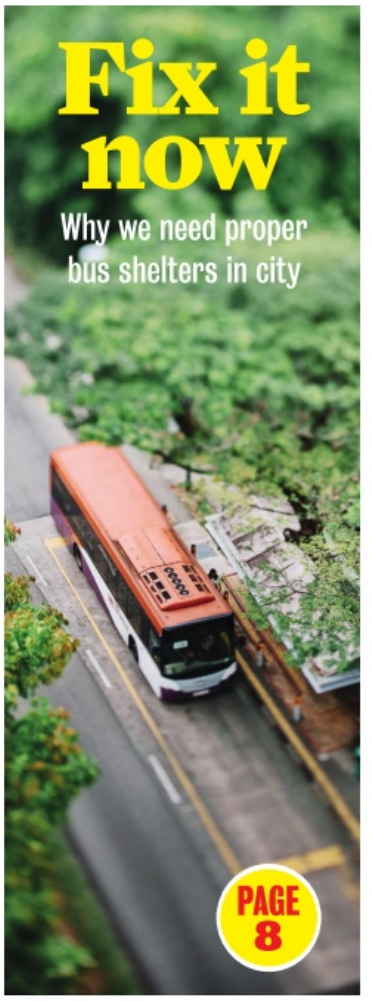
The pothole woes of Bengaluru citizens may not go away any time soon. As usual, the Palike keeps getting stuck in unforeseen circumstances while filling potholes. Last year, sudden rains stopped the BBMP from filling potholes. Now, with the weather all clear, the corporation is facing a jelly stone shortage.

"Due to the stone crushers' strike, we are not getting the required material to fill potholes. From December 22, we are not getting jelly stones and are unable to fill potholes. We are trying to procure

CONTINUED ON PAGE 4

FILE PHOTO: KAUSHIK JN

"The strike has majorly hit pothole filling; due to unforeseen circumstances, deadline has been extended — senior BBMP official



3 THINGS TO DO

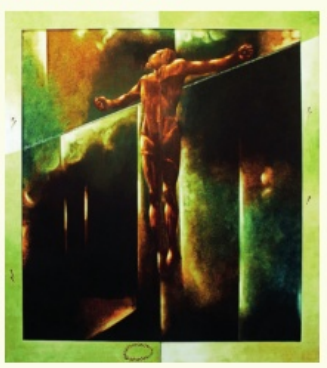
01 Whodunnit, anyone?

Ventures Theatre is coming back with its popular play 'The Note' this Friday. A production inspired by a Somerset Maugham play, The Note, is an out-and-out thriller presented by 8 characters trying to answer one question... is the murderer guilty?
Where: Bangalore International Centre
When: January 13 ; Tickets: Bookmyshow.com

02 Dance it out!

They say dance is like a hidden language of the soul, so what better way to stay fit this year? The LVDS is commencing its Performance Batch to prep for their 'Summer Splash' event at the Grand Magrath. From Salsa, Bachata, Freestyle Jive, Swing, Latin ballroom dance to Contemporary, Hip-hop, Bollywood, you have a wide choice of dance forms to select from.
Where: LVDS, Millers Tank, Vasanth Nagar
When: From January 7; Contact: 9845239123
Register at: bookmyshow.com

03 Millenium Christ



It was in December 1999 that Yusuf Arakkal began working on a huge painting of Jesus Christ, as a gift to the art lovers at the turn of the century and the dawn of the new millennium – 'Millennium Christ: The crucifixion and resurrection'. Thus, was born the 'Millennium Christ', with the Afro-Asian features and a face turned away from the viewer. Some of the works on display are 'Age of Innocence', which shows a solitary kid with a mysterious space around, and we can see Jesus Christ entering the compositions through the nightmare of a kid. **Where: Bangalore International Centre; When: Till Jan 14, 11 am to 8 pm; Contact: 9845039648**

Minister kicks up row over quota at NLSIU

Law Minister states in letter that university has deprived Karnataka students of seats; university quotes HC judgement that struck down Act

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The National Law School of India University (NLSIU) Bengaluru was recently served a notice by Karnataka Law Minister JC Madhuswamy for not implementing the domicile reservation policy for last two years. As per the policy, 25 per cent of seats have to be reserved for Kannadigas.

The Law Minister stated in the letter that by not implementing the reservation, the university has deprived students from Karnataka of seats in NLSIU. "Instead of providing 25 per cent reservation to Kannadigas, NLSIU Bengaluru has compartmentalised reservation and provided 25 per cent to include those selected under AIR. This means NLSIU is grouping even meritorious students who are supposed to be in the general category, with domicile reserved students," he explained.

He further added that general quota students cannot be clubbed with Karnataka domicile reservation category students, who have studied in Karnataka for 10 years.

"As the law minister, I am disturbed by non-implementation of provisions of the Act, which was passed unanimously by legislature. I urge you to provide 25 per cent reservation to Kannadigas under domicile reservation, excluding those Kannadigas who become eligible based on their All-India Rank from the year 2023-24, for which registration for admission has already started," he wrote.

As per the policy, 25 per cent of the seats in the varsity have to be reserved for Kannadigas

> **"NLSIU is grouping meritorious students who are supposed to be in general category**
> – JC Madhuswamy, State Law Minister

On the other hand, the university clarified through a press release, that a High Court decision dated September 29, 2020 had struck down the validity of National Law School (Amendment) Act, 2020, that seeks to provide for 25 per cent of seats to Karnataka students in National Law School of India University, Bangalore.

The high court order had stated that since NLSIU Bangalore is an autonomous entity, any kind of reservation for the students shall be provided considering the fact that it is an institute of national importance.

Though the Government of Karnataka had appealed against the High Court decision by the way of a Special Leave Petition filed before the Supreme Court, no interim order has been issued so far by the apex court.

The University clarified that while the litigation before the Supreme Court is ongoing, the university has adopted the "NLSIU Inclusion and Expansion Plan 2021-2025" on April 17, 2021. Under the terms of this Plan, NLSIU voluntarily adopted a 25-per-cent horizontal compartmentalised reservation for Karnataka students from the academic year 2021-22.

For the academic year 2021-22, 30 out of 120 total students admitted for BA LLB (hons) course in the university were from Karnataka. Similarly, the same year, 13 out of total 50 Karnataka students were admitted for LLM course.

For the academic year 2023-24, 240 students have been admitted for BA LLB (Hons) course out of which, 60 were Kannadigas. Similarly, in all the other courses as well, the university has maintained 25 per cent Karnataka students.

In addition to that, the university added that for the academic year 2024-25, the number of Karnataka students admitted to law programmes at NLSIU is projected to increase to 135 with increases to overall student intake. For the academic year 2026-27, the minimum number of Karnataka students studying law programmes at the university will increase to around 500 students.

It might be a hot, hot summer this time

Although we are still a few months away from summer, weather experts analysing future climatic trends say that we might have to endure a harsher summer this year. The city is currently experiencing cold nights while the maximum temperature during the day is 26.4 degree Celsius.

According to tweets on Bengaluru weather, Bengaluru city recorded a total rainfall of 1,958.6 mm (average: 1,077.6 mm). There were 90 rainy days last year (average 62.6).

The city's maximum temperature recorded last year was 36.7 degree Celsius (April 30, 2022), and the highest minimum temperature was 24.2 degree Celsius (April 28, 2022), lowest maximum was 19.6 degree Celsius (December 11, 2022) and lowest minimum temperature was 13.9 degree Celsius (November 21, 2022). The wettest day was 131.6 mm (September 5, 2022). The longest streak of rainy days was five.

Dr KJ Ramesh (Former Director General, IMD) told Bangalore Mirror, "Due to global warming and other climate change activities, Bengaluru is also getting affected gradually. Whether it is summer, winter or monsoon, it is getting a little intense every year and some extreme weather activities can be witnessed. As far as 2023 summer is concerned, the heat waves will be more intense and frequent. The temperature will gradually increase and not only summer but the rainfall and thunderstorms this year is also likely to cause more intense rainfall."

Meanwhile, as per an IMD release, the annual mean land surface air temperature averaged over India during 2022 was +0.510 degree Celsius above the long-term average (1981-2010 period). The year 2022 was the fifth warmest year on record since nationwide records commenced in 1901. However, this is lower than the highest warming observed over India during 2016 (anomaly of +0.710 degree Celsius) and higher than the previous year 2021 (anomaly of +0.440 degree Celsius).

The all-India mean temperatures during the winter (January to February) season was normal with anomaly of -0.04 degree Celsius. During other seasons, it was above normal: pre-monsoon (March to May) season had an anomaly of ±1.06 degree Celsius, monsoon (June to September) season had an anomaly of +0.36 degree Celsius and post-monsoon (October to December) season had an anomaly of +0.52 degree Celsius. **— Soumya**

Bomb threat triggers panic at school

Panic triggered students and teaching staff of National Academy for Learning (NAFL) school in Basaveshwara Nagar locality of Bengaluru after the educational institution received a bomb threat on Friday.

According to police, the bomb threat was sent to the official e-mail ID of the school claiming that four gelatin sticks have been kept on the premises, which may explode anytime soon.

On noticing the threat e-mail, the school staff immediately informed police and shifted over 1,000 school children to a safe place. Hundreds of parents rushed to the school and demanded that they should be allowed to enter the school premises to see their children. Later, the children were sent with them.

DCP (West) Lakshman Nimbaragi said: "We have ensured students are taken to a safe place; bomb disposal and dog squad have reached the spot. A case will be registered and investigation is being done."

Search is on to find the said gelatin sticks, the police said. **–IANS**

Woman attacked inside temple, video goes viral

A video of a woman being kicked, dragged, and beaten with sticks in a temple in Bengaluru has gone viral on social media. The victim, Hemavathi, had lodged a complaint with Amruthahalli police station stating that the incident occurred on December 21 and the accused is Munikrishna, 'dharamdarshi' of the Lakshmi Narasimha Swamy temple in Amruthahalli locality, police said on Friday.

A case under Section 354 of the IPC has been registered against Munikrishna.

However, Munikrisha told police that the woman claimed that Lord Venkateshwara was her husband and wanted to sit next to the idol in the sanctum sanctorum. When her demand was rejected, she spat on the priest. As the woman did not listen, she was dragged out, he told police. **–IANS**

Body warrant issued against rape-accused seer

A Bengaluru court on Friday issued a body warrant against rape-accused Lingayat seer, Shivamurthy Murugha, for dishonouring the court.

The accused seer did not attend the court proceedings in connection with misappropriation of property belonging to the Tippashetty Mutt in Bengaluru. The case was lodged against him in 2009.

Charges of fraud and breach of trust have also been levelled against him.

He is presently in judicial custody. He was arrested on charges of sexually assaulting two minor girls, aged 15 and 16. **–IANS**

THE TIMES GROUP
BangaloreMirror
'All your queries related to infertility are answered here'
Medical solutions for infertility problems

Are you a couple wishing to start a family and facing infertility problems? Thankfully, advancement in medicine like In vitro fertilization (IVF) is now offering hope. However, it is essential to discuss with an expert before taking this big step. **Bangalore Mirror** is now introducing a new health platform where reputed infertility and OBG experts will address all your concerns related to infertility problems. If you, your friends or your family are facing any infertility issues, then feel free to email or WhatsApp your queries.

Dr Pratibha Govindaiah
MBBS, DNB FIRM, FMS Consultant in OBG & IVF

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Address: 2317, 2nd Floor, 27th Main, HSR Layout Sector 1,
Landmark: Opposite NIFT, Bengaluru

JANYA Fertility And Gyne Clinic

Selected answers will be published every Sunday

Email ID- janyafertility@gmail.com

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Up close & personal
4 actresses who spoke about shooting intimate scenes

Wheeling around? Get schooled by cops

Dedicated task force being set up to catch offenders; authorities to also check social media posts

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PIC FOR REPRESENTATION ONLY

Speed daredevils, the cops are watching you

Bikers fond of wheeling, watch out. The Bangalore Traffic Police has formed a dedicated task force to book offenders wheeling and violating traffic rules.

People wheeling in the city should be beware as traffic cops have set up a new task force to catch offenders. The measure is expected to bring down the increasing trend of wheeling in the city.

Joint Commissioner of Police (Traffic), MN Anucheth told Bangalore Mirror, "We have created a task force for cracking down on two-wheelers wheeling. We have assigned Inspector of the Kamakshipalya Traffic Police Station for the task and more members will be added to the task force. We receive a lot of reports from social media and the public eye; the task force will trace and book them. We will also target areas notorious for such activities. So far, we have booked five people."

> **We will also target areas notorious for such activities. So far, we have booked five people**
>
> –MN Anucheth, Joint Commissioner of Police (Traffic)

He added that offenders also tend to upload videos on social media. "A component of the task force would be to watch out for such acts. We have noticed that offenders tend to put their videos on social media as well. Our team will trace these people and book cases," he added.

Offenders are booked under Section 279 of IPC and Section 189 of the Indian Motor Vehicle (IMV) Act. After booking cases, as a preventive measure, traffic cops will also take a bond from the offender. Failure to abide by the rules in the future will lead to the booking of cases against Section 107 CrPC. In case of underage driving, guardians will also be booked along with offenders.

Traffic cops noted that most offenders belonged to the age group of 16-22. "We see wheeling cases near Devanahalli Airport Road and Outer Ring Road between Goreguntepalya and Nayandahalli," added Anucheth.

To bring about a behavioural change, offenders will be brought down to Traffic Training Road Safety Institute (TTRSI) and will have to undergo training.

Deputy Commissioner of Police-West (Traffic), Kuldeep Kumar R Jain said, "Last year, more than 100 cases were booked in the West division alone. This year, during weekends and late nights and in other prospective places, we have put squad to book cases. We see cases on NICE Road, flyovers, wherever there is no obstruction on the roads."

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RAJMOHAN SUDHAKAR

EVER CHANGING MOODS

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Fatal distractions

In the conveyor belt of absurdities that brushes past us in the digital echo chamber are some that stand out for the buffoonery big tech has 'normalised': The varied verified profiles on social media platforms, AI-created art works drawing inspiration from great artists/masters, security offered by private entities and so forth.

No doubt the concerted effort is to shamelessly belittle democratic discourse while having ridden to power on the safeguards of democracy itself. In fact, the promise of democracy is the only safety net left today which isn't given the validation enshrined in the constitutional framework.

That said, why do individuals queue up and yearn for verification and validation from private entities that aren't governmental bodies of the state or constitutionally empowered institutional functionaries in democracies? Initially, the pattern emerged with big tech-propagated likes, shares, views and such.

These firms are based largely in the United States as you are aware. So obviously there are jurisdictional fault lines that are often a blur as far policy issues, legal tussles and arbitration are concerned. Oft we forget that the internet was conceived as a global public common; not a contraption of leverage at the hands of the rich and powerful cosying up to the establishment, out to disenfranchise the socially vulnerable.

Take hate speech for example: If we are to gauge the role of instant messaging platforms in perpetuating the reach of hate speech, the most recent instance of which was a controversial speech by a member of parliament in Karnataka, the viral spread is sort of a chain reaction checked by virtually nobody. Here, the hate receives certain criminal validation which would be normally called out in an in-person societal setting.

Now it's as though digital infra was raised to normalise 'transgressions' that would be rather impossible in public spaces — social, moral, political or cultural.

With no overseers or set regulations and boss boys languishing in territories elsewhere tweaking their newly acquired big tech toys, humanity is overwhelmed by the clemency of it all before it could draft standards, which it is often so eager to set for every other scenario/person. It is still nowhere near to holding big tech accountable for social transgressions and manufacturing of communal divide at the behest of political dispensations in varied geography.

In the process, satellites of power centres that gather undeserving clout over a short span of time declare themselves self-appointed authorities who shall verify and acknowledge everyone else as though the former were constitutional functionaries — individuals or institutions.

Because social media drivel isn't

assigned the place it truly deserves, which is as lowly as bar talk, shortcomings in a democracy/governance are overlooked and denied the gravitas they truly deserve — something to be addressed on a war footing in emerging economies.

The collateral damage is evident: One of the least discussed, nonetheless topical and crucial talking points is why the bustling metropolis of Bengaluru is without an elected city council two years on. This undoubtedly is the disenfranchising of the voiceless, vulnerable and hapless citizens and curtailing of civic participation in city building behind the facade of a sort of 'civic-washing', if you will.

If the aforesaid has to be repeated like a stuck record for the authorities to acknowledge the gaping hole in urban civic administration and facilitate democracy sooner, so be it.

The new urbanism here alienates the most vulnerable city dweller, the earnest taxpayer now lost without access to healthcare, public conveniences, primary education, footpaths, roads, public transport, etc. but enables just a fraction of the citizenry. It is equally important to glean why basic functionality of democracy is kept in the chokehold of power centres while all are seemingly busy with their handheld devices hungry for validation of some kind.

The ordinary, taxpaying citizen voter, the ultimate validator in a democracy is engaged not in city or nation building but the trope that they are missing the digital cacophony somehow. As though if you aren't part of the whole verification/validation of the digital echo chamber, you are not future ready: doesn't matter if all urban infra crumbles in ensuing apathy. That there isn't the need to appear before the validator and be accountable to the electorate but keep repeating how rosy the future looks in communication platforms is farcical.

The distraction/validation provided by the wired handheld device is handy for those eager to game/wreck democratic discourse at the ward level. Daily battles waged on social media platforms for validation by youth and elderly alike are helping nothing but the inability to demand accountability alongside mandated checks and balances from elected representatives straying away from responsibility granted to them by citizen validators.

At this seminal make or break point, a critical thing to do is to earnestly assess how much is humanity dependent upon validation by private digital entities that once scrambled for people's validation.

Who will keep check on pvt school fees?

HC ruling that state government cannot penalise schools over fees disappoints parents; schools say there are ways to curb overcharging

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The Karnataka High Court's ruling on Thursday that the state government cannot regulate the fee norms for private unaided schools and that the government cannot penalise private schools over it has created disappointment for parents.

The ruling that has come as a relief for private schools across the state, is not satisfactory to many, who have been complaining about excessively high fees at private schools.

"With excessive commercialisation of education, the cost to send your children to a good school in the city has become unaffordable for many. All elite private schools charge lakhs of rupees as annual fee along with several other compulsory expenses that are not added into the tuition fee. It has become too heavy on the parents' pockets already. Some kind of regulation is needed to keep these schools in check. With no regulations, the cost may increase exorbitantly," said Sujith VR, a resident of JP Nagar.

The parents added that if the state cannot put regulations on the private unaided schools, it should focus on improving the quality of state-run schools instead.

Manjumathi S, another parent, told BM, "The only reason that we are investing so much into these overpriced private schools is that we want to ensure quality education and safety for our children. The people who can afford good private schools with proper infrastructure and teaching facilities are giving their all to provide this for their children."

Parents want government to focus on state-run schools

"Government schools in the city are in no way on par with private schools. There are issues with sanitation, quality of education, teachers' eligibility, and what not. Government should invest in quality public education so that the parents do not have to fall prey to these money-making private institutions," she added.

The court order held several provisions in the Karnataka Education Act 1983 as "unconstitutional". As per the Karnataka Education Act, the District Education Regulating Authority constituted under the chairmanship of deputy commissioner of a district and Section 124A empowers the deputy commissioner to impose penalty on institutions to the extent of Rs 1 lakh and direct the refund of fees collected by an institution in excess of the amount prescribed under Section 48.

The Associated Managements of Schools in Karnataka (KAMS) was one of the petitioners to challenge the act in the High Court. KAMS General Secretary D Shashi Kumar told BM, "Any government, in the name of regulations, cannot rigidly fix the fee structure for private unaided schools. It is irrational, unconstitutional, and curtails liberty and tries to suppress the quality and accountability of these schools. So we challenged the Act and got a fair verdict as well."

> **"All the elite private schools charge lakhs of rupees as annual fee along with other expenses**
>
> –Sujith VR, JP Nagar resident

"If a school is charging exorbitant fees, the government can still keep a check but they cannot do so by putting a formula rigidly. There are various departments that could look into that," he added.

Jelly stone shortage grips Palike

CONTINUED FROM PAGE 1

materials from different sources and trying to pressurise contractors. The strike has majorly hit the pothole filling work and due to unforeseen circumstances, the deadline has been extended," a senior BBMP official told BM.

According to reports, nearly 2,000 stone crushing units are on an indefinite strike since December 21; apparently this has majorly affected the construction sector. The cost of jelly stones in the market has risen amid the protest.

The new deadline is expected to be dependent on the progress of the strike. Previously, BBMP chief commissioner had announced that Bengaluru roads will become pothole-free by December 31. Additionally, areas that would become pothole-free were to be declared on the BBMP website enabling citizens to contest the claims as well.

Palike would fix the remaining potholes based on citizen complaints. In anticipation of next year's rain, the BBMP has secured five contractors for the hot-mix and cold-mix manufacturing units. Estimated 1,60,000 kg will be kept ready before the next rainy season. Palike hopes to rely on cold-mix for filling potholes next year.

Fix My Street app launched

However, the good news for citizens from the Palike is that the Fix My Street app has been made available to the public, Through the app, citizens can report the potholes in their area. Soon, the BBMP will be issuing a public Standard Operating Procedure (SOP) for using the app. Previously, BBMP had announced that the app will be made open to the public by January 1, 2023. Before this, the app was only open to traffic and BBMP officials.

"The app has been launched and it is available on Google Play Store. Any glitches in the app will be resolved soon. The app is user-friendly but we will be issuing an SOP for the public soon," said a senior BBMP official.

The app allows citizens to place complaints and track the status of complaints. Currently, only one category is available which is repair of roads. Under the category, residents can file pothole complaints along with photos and GPS location. After it is uploaded, BBMP engineers will fix the potholes. The app provides services in English and Kannada.

Apart from pothole-filling, the app was also expected to create transparency in payments and make the shift to digital payments.

RESPONSE CONNECT INITIATIVE

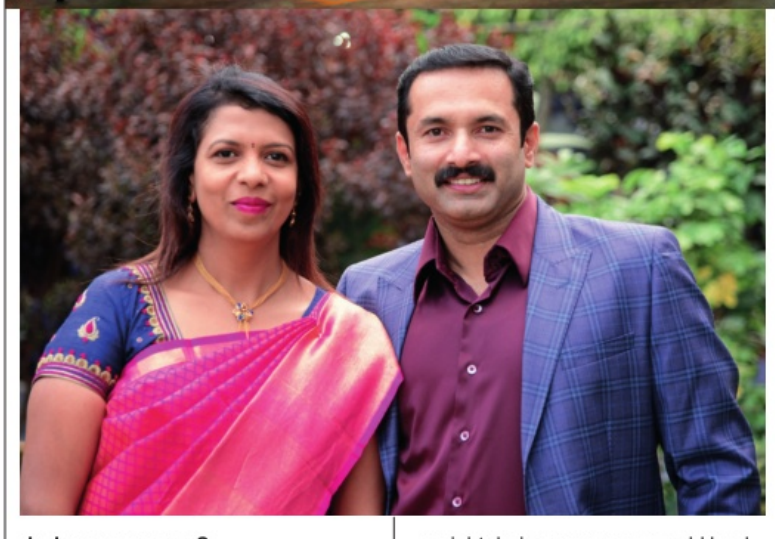
What to expect when you are expecting

Doctors at Athreya Hospital provide useful insights on complications, prenatal care, diet, exercise and other important matters related to your pregnancy

While pregnancy brings joy in a woman's life, anxiety is a side effect among many. Thoughts on risk of complications and measures to be taken to avoid complications to ensure a safe pregnancy is the root cause for anxiety among pregnant women. It isn't uncommon that a storm of questions bustle in the mind of an expectant mother through her pregnancy.

Having regular conversations with your obstetrician–gynaecologist or other obstetric care provider can help in timely resolution of any doubt/question that triggers fear and anxiety. However, in an attempt to provide useful insights on different pregnancy complications, prenatal care, diet, exercise and other important matters related to your pregnancy, we spoke to Bengaluru's most preferred experts - Dr. Narayan Swamy S, Founder and Medical Director at Athreya Hospital and Dr. Vinutha G, Co-founder and Deputy Medical Director at Athreya Hospital.

In an exclusive interview, the experts have answered some of the questions related to pregnancy and postpartum care. Here's an excerpt from the interview:



1. What are some of the complications women have been facing during the prenatal period lately?

Dr. Vinutha G: There has been an increase in incidences of prenatal issues like high blood pressure, gestational diabetes, urinary tract infection (UTI), ectopic pregnancy, and even rise in fibroids. To ensure that both the mother and developing fetus are healthy it is important to rule out diseases like diabetes, hypertension, thyroid, and other medical disorders in a pregnant woman through prenatal checkups. Planned pregnancy in consultation of an expert gynaecologist is suggestible. We suggest considering taking preconception folic acid tablets to prevent birth defects. Most importantly what we are seeing that late marriages and delayed pregnancies among career oriented women is on rise lately.

2. As many women are opting to get pregnant after 30 years and above, is it safe?

Dr. Narayanswamy: It is true that increasingly women are attaining pregnancy after 35 years of age. Attaining pregnancy at this age is risky as the chances of Down's syndrome or Edward syndrome or other complications are higher in these pregnancies. Unlike younger women, these women have to undergo checkups once in 15 days which includes scanning and screening tests. Women of this age group also have higher chances of requiring a C-section. Considering these complications we suggest that planning pregnancy before the age of 30.

3. How much weight gain is normal during pregnancy?

Dr. Vinutha G: Under normal circumstances it is normal for healthy women with normal Body Mass Index (BMI) to gain around 9-11 kg weight. While women who are underweight can gain between 12-18 kg, obese women must not gain weight over 7 to 9 kgs. During the first trimester, the pregnant mothers can put on 1-2 kg of weight which increases to half a kilogram per week after three months.

Many pregnant women end up gaining weight assuming that they must eat for both themselves and the fetus. Rather, eating healthy and nutritious food is important during the pregnancy period. It is important that people must understand that overweight during pregnancy could lead to increased risk of gestational diabetes, hypertension, c-section and pregnancy-induced asthma along with a risk of thrombosis.

4. What factors should one consider while choosing between C-Section and normal delivery?

Dr. Vinutha G: Though the early stages of pregnancy are joyful and happy, many pregnant women suffer fear and anxiety during the latter stages. This has been a reason why many women are opting for elective C-section surgeries. The need for eradication of anxiety towards normal delivery is getting increasingly important lately. Counselling, antenatal classes for pregnant women and breathing exercises to prepare them to normal delivery can be of a huge benefit in this regard. C section is advised in certain high risk conditions like LSCS (caesarean section) cases, severe Pre-eclampsia where immediate delivery is required,Cephalopelvic disproportion and placenta previa, breach etc. There is a higher chance of requiring C-Sections and risk of developing fibroids in pregnancies among women from age group 30 years and above. As an example I could cite a case of a 32 year old pregnant woman who had fibroids in the uterus which were 12x15cm in size. This case involved a risk of abortion, we still carried on with the pregnancy till 37 weeks and did a myomectomy along with a C-section. There is high risk of bleeding in C-section which makes it risky to perform another surgery. However, we went ahead and removed eight fibroids. The total fibroid weight was 1.5 kgs and the baby's weight was 2.3 kgs. The patient and baby are now completely healthy.

5. How should a mother prepare to avoid complications in C-Sections?

Dr. Vinutha G: In addition to taking medications based on existing health problems, it is important that a pregnant woman must take counselling about c-section during pregnancy and right dietary practices post a c-section surgery. Exercising is crucial for an easy recovery post a c-section surgery.

6. There has been a rise in over-the-counter MTP pills. Is it safe?

Dr. Narayanswamy: Many women married/unmarried, take over-the-counter MTP pills without medical advice before confirmation of pregnancy through ultrasound. This puts these women at high risk of severe bleeding, internal haemorrhage. We also suggest that sex education and contraceptive education must be given to youth in schools and colleges. In one such case, a 17-year-old, who had taken a pill from the medical store, had suffered a ruptured tubal pregnancy. She suffered severe bleeding with low haemoglobin requiring an immediate surgery. We urge the government to take necessary actions to curtail these harmful practices and issue proper guidelines to stop over-the-counter drugs.

7. What are the impacts of Polycystic Ovary Syndrome (PCOS) and Polycystic Ovarian Disease (PCOD) on pregnancy and infertility?

Dr. Vinutha G: In cases of Polycystic Ovarian Disease (PCOD), the ovaries start releasing immature eggs resulting in hormonal imbalance. Polycystic Ovary Syndrome (PCOS) leads to endocrine issues which cause the ovaries to produce excess androgens. Although medications are prescribed after a detailed evaluation in cases where pregnancy problems occur as there is no treatment for PCOS. Lifestyle modification is highly suggested in these cases.

Protein rich diet and quitting smoking and alcohol can reduce the risk of PCOD and PCOS.

8. With the rise in susceptibility to illness among the young population lately, how should the mother and family be prepared for postpartum care?

Dr. Vinutha G: It is important to give utmost care to the mother during this period. With nobody to support them, in nuclear families a mother is left alone to take care of herself and the baby. Many find it difficult to take care of themselves in times when there is a spread of infectious illnesses such as the pandemic. Giving importance to diet and mother's mental health is important during the postpartum period. Anticipatory guidance should begin during pregnancy with development of a postpartum care plan that addresses the transition to parenthood and well-woman care. Women with chronic medical conditions such as hypertensive disorders, obesity, diabetes, thyroid disorders, renal disease, and mood disorders should be counselled regarding the importance of timely follow-up with their obstetrician–gynaecologists or primary care providers for ongoing coordination of care.

This can decongest Nelamangala Road

State government mulls construction of Peripheral Ring Road to ease Nelamangala traffic

The state government is keen to construct the Peripheral Ring Road (PRR) which can go a long way in decongesting Nelamangala Road. Bangalore Development Authority (BDA) sources said that although there were no participants in the bids for the previous tender process, it has decided to go ahead to call tenders once again. The PRR will be a crucial link to decongest Bengaluru, especially Nelamangala Road.

The Mumbai-Bengaluru corridor is a key road that sees the highest traffic. Vehicles travelling on this road have to travel to NICE junction to head towards Magadi, Mysuru, Kanakapura, Bannerghatta, and Hosur Road. However, vehicles which have to head towards Hyderabad, Kolar, Tirupati, and Sarjapur roads have to take the Outer Ring Road (ORR) via Goraguntepalya. As the city is growing, the traffic on the Nelamangala-Goraguntepalya Road is increasing. If the PRR is constructed, vehicles can use it instead of heading towards Goraguntepalya. Officials say that the state government is seriously mulling its construction. It will also give a boost to land development activities in and around Nelamangala.

Record office space absorption in city

Meanwhile, office space absorption across India's six major cities stands at 54.8 mn sq ft, recording a 48.5 per cent increase in 2022. This was very close to the historic peak of 55.7 million sq ft recorded in 2019, falling short by less than a million sq ft.

Bengaluru, the longstanding flag-bearer of office markets, recorded its all-time peak at 17.3 million sq ft; so did NCR and Chennai at 11.3 million sq ft and 7.3 million sq ft, respectively. New supply rose by 45.1 per cent at 53.4 million sq ft compared to 2021, according to data released by international real estate advisory firm Savills India.

The report states that all cities have registered an increase in demand when compared to 2021, with Pune and Chennai witnessing the highest annual growth at 119 per cent and 82 per cent, respectively.

"Of the 54.8 million sq ft of gross absorption at the India level, Bengaluru, Delhi-NCR, and Chennai had a cumulative share of 66 per cent. Incidentally, all the three cities registered all-time high leasing activity of 17.3 million sq ft, 11.3 million sq ft, and 7.3 million sq ft, respectively. While this translates to 4 per cent growth for Delhi-NCR as compared to pre-pandemic times (2019), Bengaluru and Chennai witnessed 11 per cent and 12 per cent growth, respectively. Bengaluru and Delhi-NCR continue to be the top two commercial real estate markets in terms of yearly gross absorption.

Apprehensions with respect to global growth prospects have put real estate decision making on hold, especially in the last quarter of the year," said Anurag Mathur, CEO, Savills India. **— Prakash VL**

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Can you use residential properties commercially?

Using a residential home for business functions has become a popular way to increase rental revenue. While housing societies frequently resist using the complete residential flat for commercial purposes, owners are permitted to utilise a restricted section.

However, there are some restrictions and rules that you must follow. You may utilise your residential real estate for commercial purposes only if your society's management and zoning regulations allow it. It is worth noting that certain states have more permissive legislation that enables professionals such as physicians and attorneys to utilise up to 30 per cent of their residential property for business activities.

The Zoning Law in India, enacted by the municipal government or authority, governs the use of land throughout cities. The usage of land in a certain region is defined by zoning regulations. The law attempts to divide residential neighbourhoods from commercial areas to protect people from the detrimental effects of commercial activity while still facilitating the growth of business sectors.

When a homeowner lists their house for sale, hosting an open house often comes as a given. Open houses are frequently held, but that doesn't imply they are always a successful marketing tactic for homes.

Services provided by resident advocates, attorneys, physicians, and accountants are among the permitted commercial operations in any residential area, according to the legislation.

If your state enables you to utilise a piece of your land for commercial purposes, you must secure various licences, including the agreement of the society and the local municipal office, based on the nature of your business.

Remember that working from home is frequently tolerated in certain sections of the country. An operation involving the transfer of commodities from residential premises, on the other hand, is considered commercial and is normally not permitted unless appropriate licences are secured.

Once a property is designated as commercial, it is handled as such for all reasons, including taxation. Nevertheless, the following activities are not authorised within residential premises, according to Supreme Court orders: Banquet Hall, any activity that includes the use of potentially dangerous or flammable chemicals, automobile repair shops, construction supplies, booze, and junk food

Things to keep in mind

Obtain a shop/establishment license from the appropriate local authorities.

Before you apply, be certain about the area you require and the business you want to run.

Changing a residential property to a commercial property may result in higher property taxes.

Some enterprises do not need a government authorisation certificate. Teaching, yoga, art, dancing, and tuition classes are often excluded from commercial costs.

This implies you can run these enterprises without having to alter the property.

Source – Times Property

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SOS: Ready to crumble

Hosa Road bus stand is ill-maintained, can collapse anytime, say commuters

Shreyashi Mukherjee
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TWEETS @BangaloreMIRROR

This is the condition of the Hosa Road bus stand; the shed is made of tin and can collapse, causing serious accidents, which is why concerned authorities need to tend to it immediately, report commuters

Commuters who use the Hosa Road bus stop in Hosur Road are full of complaints. They say that the bus stop is in a terrible condition. They also say that the bus stop is made out of a tin shed and can cause serious accidents if not fixed.

The tin shed can collapse anytime, passers-by told Bangalore Mirror. Srinivas K, a commuter, said, "It is such a busy road and several people come to this bus stop. It is to see that in a busy area like this even the shameful bus stop is in a terrible condition.

The authorities should not wait for anyone to come up with any complaint. Instead, they should fix it as soon as they can."

People in the area pointed out how dangerous it was for commuters who depend on this bus stand. Anup Goyal, another commuter, said, "I do not know exactly how long this bus stop has been in this sorry state, but I know it has been like this for a very long time. It is a complete danger in the middle of the road. People who wait here for their buses can get injured if it collapses, which can happen at any point."

Ritika Krishna, a student, told BM that a lot of children also come to this bus stop. If any one of them moves around too much or puts force on it, it can just collapse, she said. People can also get injured by the sharp edges of the tin and get some kind of infection because it is dirty, she added.

Varun Kumar, also a commuter, said, "Just a few days ago, when I was waiting for my bus here, I moved my hand unconsciously. I did not see the edge of the tin and my hand scraped through it. It was bleeding and the tin looked quite dirty, so I did not take any risk and got a tetanus injection."

> **"I did not see the tin (inside the bus stand) and my hand scraped through it. It was bleeding and the tin looked quite dirty**
>
> – Varun Kumar, commuter

Commuters reported that there were other bus stands as well which were in a worn-out condition. Amit Dey, one of them, said that the Deepak Factory bus stand in Nagasandra was also crying for attention. He said, "The shelter which is covering the bus stop is torn and almost falling apart. Even the seats provided are broken. People sitting on them will end up hurting themselves."

A BBMP official said that they would look into the matter and take necessary steps.

Transformer hazard: BESCOM gets moving

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After the Karnataka High Court (HC) order to shift transformers in the city occupying footpaths and roads, the Bangalore Electricity Supply Company Limited (BESCOM) has been actively working on doing the same. Over 5,245 transformers were identified to be shifted, and as of December end, 4,716 transformers have been shifted. The body is converting transformer centres existing on footpaths or stormwater drain (SWDs) to Special Design Transformer Centres by erecting transformers on prefabricated structures according to the standard design in the Bangalore Metropolitan Area zone (BMAZ).

A senior BESCOM official said, "The existing transformer centres on footpaths and SWDs are occupying more space and posing risks to the general public. The protruding metal parts of the structures, beds, and fences of transformer centres hinder and block free movement of pedestrians. PVC aluminium lead wires carrying Low Voltage (LV) supply at accessible levels that are not desirable as the same are potential dangers if exposed. Hence, as directed by the HC, we are shift transformers that are compromising the safety of pedestrians."

The special design transformers are erected at a height that is safe for the public. "Tenders were invited to replace these transformer centres with the structures as per new design where the transformer will be mounted on a fabricated metal structure firmly erected with the 11 Mtr Spun pole. So far, 4,716 transformers have been moved. The LV leads, meters, and LTD boxes are moved to higher altitudes for public safety. The metal structure in the new design will be earthed to attenuate the potentials which can arise due to leakage currents," said the official.

> **The special design transformers are erected at a height that is safe for the public**

During 2022, the HC had questioned BESCOM about the delay in shifting of the transformers. There was an incident where a faulty transformer had burst, claiming two lives. The HC then gave strict orders to start work and follow their directions regarding shifting of the transformers. This is when BESCOM invited tenders.

However, some city dwellers state that in many places the transformers have still not been shifted. "In Chandrapura, Bommasandra a transformer has been placed on the footpath. The location is close to the BESCOM office, but no action has been taken to move it. We have to walk with caution as the stands of the transformer are protruding out, which is dangerous for all," said a resident of the area.

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Lights needed

Nandini Layout

This open-air gym in Jai Maruthi Nagar Circle, Nandini Layout has no lights.

About to collapse

Maruthi Sevanagar

Opposite the Bata showroom below Maruthi Sevanagar flyover, the building is about to collapse.

Clean it up

Malleswaram

Construction material has been left on sidewalks in 15th Cross, 6th Main, Malleswaram.

ಮಹದಾಯಿ ಯೋಜನೆ ಅನುಷ್ಠಾನ

ಕಾಂಗ್ರೆಸ್ ಪಕ್ಷದ ಸುಳ್ಳಿನ ಕಂತೆಯ ಅನಾವರಣ

ಭಾರತೀಯ ಜನತಾ ಪಕ್ಷದ ಬದ್ಧತೆಯ ಸತ್ಯದರ್ಶನ

ಮಹದಾಯಿ ಯೋಜನೆಯ ಪ್ರತಿ ಹಂತದಲ್ಲೂ ಇಚ್ಛಾಶಕ್ತಿ ಹಾಗೂ ಬದ್ಧತೆಯನ್ನು ಮೆರೆದ ಪಕ್ಷ ಬಿಜೆಪಿ

- ಮಹದಾಯಿ ಕಣಿವೆ ಅಡಿಯಲ್ಲಿ 1980ರಲ್ಲಿ ಸುಮಾರು 30 ಟಿಎಂಸಿ ನೀರಿನ ಬಳಕೆಗೆ ರಾಜ್ಯವು ಯೋಜನೆಯೊಂದನ್ನು ರೂಪಿಸಿತ್ತು.
- 16.03.1989ರಂದು ರಾಜ್ಯದ ಅಂದಿನ ಮುಖ್ಯಮಂತ್ರಿಗಳಾಗಿದ್ದ ಶ್ರೀ ಎಸ್.ಆರ್. ಬೊಮ್ಮಾಯಿರವರು ಗೋವಾ ರಾಜ್ಯದ ಮುಖ್ಯಮಂತ್ರಿಯವರೊಂದಿಗೆ ಸಭೆಯನ್ನು ನಡೆಸಿ ಈ ಯೋಜನೆ ಕುರಿತು ಪ್ರಸ್ತಾಪಿಸಿದರು. ಇದಕ್ಕೆ ಗೋವಾ ಸರ್ಕಾರವು ಸಕಾರಾತ್ಮಕವಾಗಿ ಸ್ಪಂದಿಸಿತ್ತು.
- 09.10.2006ರಲ್ಲಿ ಸಮ್ಮಿಶ್ರ ಸರ್ಕಾರದ ಅವಧಿಯಲ್ಲಿ ಅರಣ್ಯೇತರ ಪ್ರದೇಶಗಳಲ್ಲಿ ಕಾಮಗಾರಿಗಳನ್ನು ಕೈಗೆತ್ತಿಕೊಳ್ಳಲು ಅನುಮೋದನೆ ನೀಡಿದ್ದು ಭಾರತೀಯ ಜನತಾ ಪಕ್ಷದ ಸಾಧನೆ.

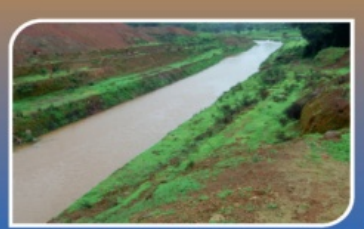
- 2006ರಲ್ಲಿ ಗೋವಾ ಸರ್ಕಾರವು ಮಾನ್ಯ ಸರ್ವೋಚ್ಚ ನ್ಯಾಯಾಲಯದಲ್ಲಿ ದಾವೆ ಹೂಡಿ ಕಳಸಾ ಸಂಪರ್ಕ ಕಾಲುವೆ ನಿರ್ಮಾಣ ಕಾಮಗಾರಿಗಳನ್ನು ತಡೆಯಲು ಪ್ರಯತ್ನಿಸಿದರೂ ಸಹ, ರಾಜ್ಯ ಸರ್ಕಾರವು ಇಚ್ಛಾಶಕ್ತಿಯನ್ನು ಪ್ರದರ್ಶಿಸಿ ತಡೆಯಾಜ್ಞೆ ದೊರೆಯದಂತೆ ನೋಡಿಕೊಂಡಿತು.
- ಗೋವಾ ಸರ್ಕಾರ ಸರ್ಕಾರೇತರ ಸಂಸ್ಥೆಗಳನ್ನು ಬಳಸಿಕೊಂಡು ಪರಿಸರ ತೀರುವಳಿ ನೆಪದಲ್ಲಿ ಸಕ್ಷಮ ಪ್ರಾಧಿಕಾರಕ್ಕೆ ಅನೇಕ ಅರ್ಜಿಗಳನ್ನು ಸಲ್ಲಿಸಿ ಸಂಪರ್ಕ ಕಾಲುವೆಯ ಕಾಮಗಾರಿಗೆ ತಡೆ ಒಡ್ಡಿತು. ಆದರೆ ಇದ್ಯಾವುದನ್ನೂ ಲೆಕ್ಕಿಸದೆ ಅಂದಿನ ಮುಖ್ಯಮಂತ್ರಿ ಶ್ರೀ ಬಿ.ಎಸ್. ಯಡಿಯೂರಪ್ಪ ಹಾಗೂ ಜಲಸಂಪನ್ಮೂಲ ಸಚಿವ ಶ್ರೀ ಬಸವರಾಜ ಬೊಮ್ಮಾಯಿರವರು ಎಲ್ಲಾ ಅರ್ಜಿಗಳ ವಿಲೇವಾರಿಗೆ ಸಕಾರಾತ್ಮಕ ಕ್ರಮ ವಹಿಸಿದರು.
- 2014ರಲ್ಲಿ ಶ್ರೀ ನರೇಂದ್ರ ಮೋದಿ ನೇತೃತ್ವದ ಎನ್‌ಡಿಎ ಸರ್ಕಾರ ನ್ಯಾಯಾಧಿಕರಣಕ್ಕೆ ಅಗತ್ಯ ಮೂಲಸೌಕರ್ಯಗಳನ್ನು ಕಲ್ಪಿಸಿ ನ್ಯಾಯಾಧಿಕರಣದ ವರದಿಯು ನಿಗದಿತ ಕಾಲಾವಧಿಯಲ್ಲಿ ಪ್ರಕಟಿಸುವಲ್ಲಿ ಪ್ರಮುಖ ಪಾತ್ರ ವಹಿಸಿತು.
- ಎನ್‌ಡಿಎ ಸರ್ಕಾರದ ಅವಧಿಯಲ್ಲಿ ಮಹದಾಯಿ ಕಣಿವೆಯಲ್ಲಿ 200 ಟಿಎಂಸಿ ನೀರು ಬಳಕೆಗೆ ಲಭ್ಯವಿದೆ ಎಂದು ಕೇಂದ್ರ ಜಲ ಆಯೋಗ ವರದಿಯಲ್ಲಿ ತಿಳಿಸಿತು. ಆದರೆ ಗೋವಾ ಸರ್ಕಾರ ನೀರಿನ ಲಭ್ಯತೆ ಅತೀ ಕಡಿಮೆ ಇದೆ ಎಂದು ಪ್ರತಿಪಾದಿಸಿತು. ಅತ್ಯಂತ ಪ್ರತಿರೋಧದ ನಡುವೆಯು ಎನ್‌ಡಿಎ ಸರ್ಕಾರದ ಅವಧಿಯಲ್ಲಿ, ನೀಡಿದ ವರದಿಯನ್ನಾಧರಿಸಿ ನೀರಿನ ಲಭ್ಯತೆ 188 ಟಿಎಂಸಿ ಇದೆಯೆಂದು ನ್ಯಾಯಾಧಿಕರಣವು ತೀರ್ಪಿನಲ್ಲಿ ಅಧಿಕೃತಗೊಳಿಸಿತು. ಇದು ಎನ್‌ಡಿಎ ಸರ್ಕಾರದ ಕಾಳಜಿಯನ್ನು ಎತ್ತಿ ಹಿಡಿಯುತ್ತದೆ.
- ಆಗಸ್ಟ್ 2018ರಲ್ಲಿ ಮಹದಾಯಿ ನ್ಯಾಯಾಧಿಕರಣದ ಅಂತಿಮ ತೀರ್ಪು ಪ್ರಕಟಣೆಯಾಯಿತು. 2019ರಲ್ಲಿ ರಾಜ್ಯದಲ್ಲಿ ಬಿಜೆಪಿ ಅಧಿಕಾರ ವಹಿಸಿಕೊಂಡಿತು. ಸತತ ಪ್ರಯತ್ನ ಹಾಗೂ ಅಂದಿನ ಮುಖ್ಯಮಂತ್ರಿಗಳಾಗಿದ್ದ ಶ್ರೀ ಬಿ.ಎಸ್. ಯಡಿಯೂರಪ್ಪನವರ ರಾಜಕೀಯ ಮುತ್ಸದ್ದಿತನದ ಕ್ರಮಗಳ ಫಲವಾಗಿ ಅತ್ಯಂತ ಕಡಿಮೆ ಅವಧಿಯಲ್ಲಿಯೇ ಐ-ತೀರ್ಪಿನ ಗೆಜೆಟ್ ಪ್ರಕಟಣೆಗೊಳಿಸುವಲ್ಲಿ ಇತಿಹಾಸ ನಿರ್ಮಿಸಲಾಯಿತು. ಇದು ಶ್ರೀ ನರೇಂದ್ರ ಮೋದಿ ನೇತೃತ್ವದ ಎನ್‌ಡಿಎ ಸರ್ಕಾರ ಹಾಗೂ ರಾಜ್ಯದ ಭಾರತೀಯ ಜನತಾ ಪಕ್ಷದ ಸರ್ಕಾರದ ಮಹತ್ತರ ಸಾಧನೆ ಹಾಗೂ ಕೊಡುಗೆಯಾಗಿರುತ್ತದೆ.
- ಗೆಜೆಟ್ ಪ್ರಕಟಣೆ ನಂತರದಲ್ಲಿ ಯಾವುದೇ ವಿಳಂಬ ಮಾಡದೇ ಭಾರತೀಯ ಜನತಾ ಪಕ್ಷದ ಸರ್ಕಾರ 10.07.2020 ರಂದು ಕಳಸಾ ನಾಲಾ ತಿರುವು ಯೋಜನೆಗೆ ರೂ.885.80 ಕೋಟಿ ಮತ್ತು ಬಂಡೂರಿ ನಾಲಾ ತಿರುವು ಯೋಜನೆಗೆ ರೂ.791.50 ಕೋಟಿ ಮೊತ್ತದ ವಿವರವಾದ ಯೋಜನಾ ವರದಿಗಳಿಗೆ ಆಡಳಿತಾತ್ಮಕ ಅನುಮೋದನೆ ನೀಡಿ ತನ್ನ ಬದ್ಧತೆಯನ್ನು ತೋರಿರುತ್ತದೆ.
- ಬಿಜೆಪಿ ಸರ್ಕಾರವು ಈ ಯೋಜನೆಗಳ ಪೂರ್ವ ಕಾರ್ಯಸಾಧ್ಯತಾ ವರದಿಗಳನ್ನು (Pre-feasibility Report) ಕೇಂದ್ರ ಜಲಆಯೋಗಕ್ಕೆ ಸಲ್ಲಿಸುವಲ್ಲಿ ಮತ್ತು ನವೆಂಬರ್ 2022ರಲ್ಲಿ ಅಗತ್ಯ ತೀರುವಳಿ ಪಡೆಯುವಲ್ಲಿ ತನ್ನ ಬದ್ಧತೆಯನ್ನು ತೋರಿರುತ್ತದೆ.

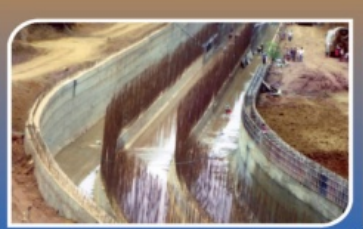
ಕೇಂದ್ರ ಜಲ ಆಯೋಗದಿಂದ 29.12.2022ರ ಅಧಿಕೃತ ಪತ್ರದಲ್ಲಿ ಕಳಸಾ ಹಾಗೂ ಬಂಡೂರಿ ನಾಲಾ ತಿರುವು ಯೋಜನೆಗಳ DPR (Lift Schemes) ಗಳಿಗೆ ಅಗತ್ಯ ತೀರುವಳಿಗಳನ್ನು ಅತ್ಯಲ್ಪ ಅವಧಿಯಲ್ಲಿ ಪಡೆಯುವ ಮೂಲಕ ರಾಜ್ಯ ಬಿಜೆಪಿ ಸರ್ಕಾರ ರಾಜಕೀಯ ಇಚ್ಛಾಶಕ್ತಿಯನ್ನು ಪ್ರದರ್ಶಿಸಿದೆ.

ಮಹದಾಯಿ ಯೋಜನೆಗೆ ಶೀಘ್ರದಲ್ಲಿಯೇ ಚಾಲನೆ ನೀಡಲು ರಾಜ್ಯದ ಬಿಜೆಪಿ ಸರ್ಕಾರವು ಕಟಿಬದ್ಧವಾಗಿದೆ.

ಮಹದಾಯಿ ಯೋಜನೆಯ ಅನುಷ್ಠಾನದಲ್ಲಿ ಪದೇ ಪದೇ ಎಡವಟ್ಟುಗಳನ್ನು ಮಾಡಿರುವ ಕಾಂಗ್ರೆಸ್ ಪಕ್ಷಕ್ಕೆ ಬಿಜೆಪಿಯ ಬದ್ಧತೆಯನ್ನು ಪ್ರಶ್ನಿಸುವ ಯಾವುದೇ ನೈತಿಕ ಹಕ್ಕಿಲ್ಲ.

- 2000ದಲ್ಲಿ ಮಹದಾಯಿ ಯೋಜನೆಯಡಿ ಕುಡಿಯುವ ನೀರಿನ ಬಳಕೆಯ ಪ್ರಮಾಣವನ್ನು 7.56 ಟಿಎಂಸಿಗೆ ಕಡಿತಗೊಳಿಸಿದ್ದು ಅಂದಿನ ಕಾಂಗ್ರೆಸ್ ಸರ್ಕಾರ.
- 30.04.2002ರಲ್ಲಿ ಕೇಂದ್ರ ಜಲ ಆಯೋಗದಿಂದ ಕಳಸಾ-ಬಂಡೂರಿ ತಿರುವು ಯೋಜನೆಗೆ ಅನುಮೋದನೆ ದೊರಕಿದರೂ ಸಹ, ಕೂಡಲೇ ಯೋಜನೆಗಳಿಗೆ ಅಗತ್ಯ ತೀರುವಳಿ ಪಡೆಯಲು ಯಾವುದೇ ಕ್ರಮ ತೆಗೆದುಕೊಳ್ಳದೇ ಕಾಂಗ್ರೆಸ್ ಸರ್ಕಾರ 5 ತಿಂಗಳು ಕಾಲಹರಣ ಮಾಡಿತು.
- 27-03-2007ರಂದು ಅಂದಿನ ಯುಪಿಎ ಅಧ್ಯಕ್ಷೆ ಶ್ರೀಮತಿ ಸೋನಿಯಾ ಗಾಂಧಿರವರು ಗೋವಾ ರಾಜ್ಯದ ವಿಧಾನಸಭಾ ಚುನಾವಣೆ ಸಂದರ್ಭದಲ್ಲಿ ಮಹದಾಯಿ ಕಣಿವೆಯಿಂದ ಒಂದು ಹನಿ ನೀರನ್ನು ಕರ್ನಾಟಕಕ್ಕೆ ನೀಡುವುದಿಲ್ಲವೆಂದು ಸಾರ್ವಜನಿಕ ಸಮಾರಂಭದಲ್ಲಿ ಘೋಷಿಸಿದರು. ಕರ್ನಾಟಕದ ಯಾವುದೇ ಕಾಂಗ್ರೆಸ್ ನಾಯಕರಿಗೆ ಇದನ್ನು ವಿರೋಧಿಸುವ ತಾಕತ್ತಿರಲಿಲ್ಲ.
- 2010ರಲ್ಲಿ ಯುಪಿಎ ಸರ್ಕಾರವು ಕರ್ನಾಟಕದ ಇಚ್ಛೆಯ ವಿರುದ್ಧವಾಗಿ ಮಹದಾಯಿ ನ್ಯಾಯಾಧಿಕರಣ ರಚಿಸಿ, ಯಾವುದೇ ಸೌಲಭ್ಯಗಳನ್ನು ಒದಗಿಸದೇ, ಕಛೇರಿಗೆ ಸ್ಥಳಾವಕಾಶವನ್ನೂ ನೀಡದೇ ವಿವಾದ ಇತ್ಯರ್ಥವಾಗಲು 2 ವರ್ಷಕ್ಕೂ ಅಧಿಕ ಅವಧಿಯ ಕಾಲಹರಣಕ್ಕೆ ಕಾರಣವಾಯಿತು.
- 2017ರಲ್ಲಿ ಅಧಿಕಾರದಲ್ಲಿದ್ದ ಕಾಂಗ್ರೆಸ್ ಸರ್ಕಾರವು ಕಳಸಾ-ಬಂಡೂರಿ ಹೋರಾಟಗಾರರ ಮೇಲೆ ಹೆಣ್ಣು-ಗಂಡು ಎಂದು ಲೆಕ್ಕಿಸದೆ ಲಾಠಿ ಪ್ರಹಾರ ನಡೆಸಿದ್ದನ್ನು ಜನರು ಮರೆತಿಲ್ಲ.
- ಅಂದಿನ ರಾಜ್ಯ ಕಾಂಗ್ರೆಸ್ ಸರ್ಕಾರದ ತಪ್ಪು ನಿಲುವಿನಿಂದಾಗಿ ಬಿಜೆಪಿಯ ಅಧಿಕಾರಾವಧಿಯಲ್ಲಿ ಪ್ರಾರಂಭಿಸಿ ನಿರ್ಮಿಸಿದ್ದ ಮಹದಾಯಿ-ಮಲಪ್ರಭಾ ಸಂಪರ್ಕ ಕಾಲುವೆಗೆ ತಡೆಗೋಡೆ ಕಟ್ಟಿದ್ದೇ ಕಾಂಗ್ರೆಸ್ ಸರ್ಕಾರದ ಸಾಧನೆ.





ಬಿಜೆಪಿ-ಕರ್ನಾಟಕ

Travel between B'luru-Mumbai on the fast track

Sridhar.Vivan
@timesgroup.com
TWEETS @sridharVMIRROR

Travel between Bengaluru and Mumbai via train may become quicker as the Railways are now planning to fast-track the double-track project. Currently, there are two train routes from Bengaluru to Mumbai.

The first one is via Guntakal and Kalaburagi while the second is via Davangere and Hubballi. Now, the Railways have decided to fast track the doubling of the Hubballi route. As this route passes across the length of the state, the doubling will help Railways introduce more trains and reduce travel times. General Manager Sanjeev Kishore said, "In 2023, the doubling of Londa-Miraj section, and Hubballi-Chikjajur are targeted to be completed by February and March 2023 respectively. This would mean that the entire railway section from Miraj to Bengaluru would be double-line."

The railway track between Bengaluru to Mumbai via Hubballi is mostly single-line beyond Belagavi. South Western Railways' CPRO Aneesh Hegde said, "We have almost completed the doubling on Bengaluru to Haveri section. We need to complete a doubling of track of approximately 50 km stretch to Hubballi which is likely to be completed by March 2023. As of now, Hubballi to Londa section is doubled while Londa - Belagavi - Miraj is in progress."

Union Minister for Railways Ashwini Vaishnaw said that the Railways have taken up Pune-Miraj-Londa (466 km) doubling project at a cost of Rs 4,028 crore. "So far, 226 km of the Pune - Miraj - Londa doubling project has been completed. Work has been taken up in the balance section in available land. In the Pune-Miraj-Londa section, Pune-Miraj (279 km) and Kudachi-Ghatprabha (48 km) sections have been electrified. The electrification works on Miraj-Kudachi and Ghatprabha-Londa sections are in different stages of execution. Construction of all the major, minor and important bridges has been carried out by keeping the same waterways or more with respect to those already existing in the single line."

He said that as additional pipe crossings have also been provided to be used to pass the pipe lines for watering arrangement of agricultural land on either side of existing alignment, there is no adverse effect on the agricultural activities in the adjoining area due to laying of double lines in this section.

Daily route

Sunil Kumar, a frequent traveller on this route, said, "Hundreds of passengers travel on this route every day. In fact, as this connects the state capital with cities like Belagavi, there is an urgent need to complete the doubling. Many prefer to take the train journey over the arduous road journey. However, the trains running on single track get delayed due to frequent crossing. We hope that the project is completed at the earliest," Mukesh S, a businessman said that many people travel to Mumbai from Bengaluru on a daily basis and the flight prices are quite high. "Though buses ply between the two cities, the travel time is anywhere between 17 and 24 hours. Sitting in a bus for such a long journey can be a painful experience. So, many prefer to take trains. But, the travel time between Bengaluru and Mumbai is around 24 hours by train. I urge the Railways to finish double tracking which will reduce travel time."

He said the Railways should also look at electrification of the entire stretch besides starting work on the Tumakuru-Davangere and Dharwad-Bailhongal and Belagavi new lines. These stretches once completed will prevent having to take a detour that currently passes via Tumakuru-Birur-Chikkajajur and Davangere and Dharwad-Londa-Khanapur and Belagavi.

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CHANGE OF NAME

I, SHAHEDA ZAREEN, W/o, Late Mohammed Habeeb Ur Rahaman and Residing at No.149, Temple Street, Tholalu Road, Arehalli, Hassan 573101. Karnataka India, (Now Camp at Bangalore) have changed my name to SHAHIDA ZAREEN vide Affidavit dated 06.01.2023 sworn before notary B V Nagabhushana, Bangalore.

I, SOMA SHEKAR, Residing at No. 5, Sri Sai Sadan, 10th Cross, Bhuvaneshwarinagar, Dasarahalli Main Road, Bangalore-560024, have changed my name to SOMA SHEKAR AMARESH vide affidavit dated: 05.01.2023 before notary D.Sarala Kumari, Bengaluru.

I, VIDHYA HALAGERI residing at No. 2309/F, Chikkerur Road, Near Janata Bajar, Hirekerur, Haveri-581111 have changed my name to VIDHYA PRABHAKAR SHITIKONDA vide affidavit dated 06.01.2023 before notary V.Anjanappa, Bangalore-560057

I, Sreenivasa K s/o Krishnappa R/o #1-12, Kothajeegur, Komaranapalli, Krishnagiri-Dist, Tamil Nadu 635114 have changed my name to SRINIVASA KRISHNAPPA affidavit Dt.06/01/2023 notary Ganesh Gowda M.V, Bengaluru

I, AKSHAY DESAI, Residing at No. A232, Radiant Karel, Nayanda Halli, Behind Kalyani Motors, Bengaluru-560039, have changed my name to AKSHAY MADAN DESAI, vide affidavit dated: 06.01.2023 before Notary B.S. Padma Prasad, Bengaluru.

I Nitin Mohan Rajendra Goyal S/o Rajendra Kumar Goyal, R/o F- 602, Concorde Midway City, Basapura Main Road, Near Hosa Road Junction, Bangalore-560100 have changed my name to Nitin Mohan Goyal

I, Gangamma w/o Ramakrishnappa R/o #394 5th Main 4th Cross Banashankari 1st Stage B'luru-560050 have changed my name Gangamma Siddaiah for all purposes

LOST & FOUND

I, Anil Minda having office at Plot No. 102-103, Udyog Vihar, Phase-4 Gurgaon (Haryanan)-122015 have lost my Sale Agreement (original) document no. BK-I 4764/12-13 and Possession Certificate of Property Anu Industries Ltd, Plot No- 206A, Harohalli Industrial Area, Phase -2, Bangalore, Finder Please Contact 9958315729.

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ಮಾರಾಟಕ್ಕೆ, ಬೃಹತ್ ಮಾರಾಟ. ಹೆಚ್ಚಿನ ಮಾಹಿತಿಗಾಗಿ
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to
15th Jan 2023, Sunday
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Two many, too much for Mysuru station?

State govt to seek revision of timings as there is not much gap between departure of Vande Bharat and Shatabdi Express trains

Two high speed trains leaving at around the same time won't serve the purpose, say citizens

The state government is planning to approach the railways to change the timing of either Vande Bharat or Shatabdi Express that travels between Mysuru-Bengaluru and Chennai. The Vande Bharat train leaves Mysuru Junction station at 1.05 pm while Shatabdi train departs at 2.15 pm. Many feel that as both the high speed trains are leaving between short duration, not many passengers are benefitted.

Vande Bharat train takes 6 hours and 25 minutes to cover the distance of 497 kilometres between Mysuru and Chennai, while Shatabdi covers the same distance in 7 hours and 15 minutes.

During the recent legislative council session, MLC Maritibbe Gowda asked the state government if there were any plans to change the timings.

In a reply to his question, Housing Minister V Somanna, said, "The Vande Bharat trains were launched on November 11, 2022 and this was the fifth Vande Bharat train in the country. It has come to our notice that after the start of Vande Bharat trains, the departure timing of both the trains is in short intervals. However, there are no reports of any dip in patronage."

> **"It has come to our notice that after the start of Vande Bharat trains, the departure timing of both the trains is in short intervals. But there is no dip in patronage**
>
> –V Somanna, Minister

The government will soon write to the railways to consider changing the time table of the trains so that there is sufficient gap between the departures of both trains and consequently it will help many rail commuters, he added.

Vande Bharat is a premium train where all coaches are equipped with automatic doors, GPS based audio-visual passenger information system and a large chair car. However, with an average of 75-77 kmph, this will be the slowest Vande Bharat train that is operational in the country now.

The speed of Vande Bharat trains is capped at 130 kmph though it has topped a maximum of 180 kmph.

According to railway experts, if one books a Shatabdi ticket earlier, then it may be cheaper than the Vande Bharat. However, the former may be expensive for the last minute ticket booking as it has dynamic pricing and Vande Bharat has fixed pricing.

A comparison of VB and Shatabdi Express shows that the latter takes 7 hours to 7.15 hours to cover a distance of 504 km between Mysuru and Chennai with an average speed ranging from 69.56 kmph to 72.04 kmph and a punctuality of 97.6 per-cent.

On the other hand, VB trains take 6.25 to 6.30 hours to cover the distance of 504 kilometres with an average speed of 77.59 to 78.59 kmph and 100 per-cent punctuality.

–Prakash VL

Guest faculty members of the University of Mysore (UoM), who have been protesting for the last three days, on Friday intensified the protests even though registrar VR Shylaja met them

Lit fest 'bias': Sort mistakes by talking, says Minister

Karnataka Minister of Kannada and Culture, V Sunil Kumar, on Friday objected to a parallel literary festival for sidelined Muslim writers in the 86th All India Kannada Literature Conference.

"Organisation of the parallel literary conference is not a good development," Sunil Kumar said.

"There will be small mistakes in a large-scale event. That should be discussed and sorted out," he added. The Kannada literary festival will help give a good message to the people. The festival is important in the view of development of the Kannada language, he further added.

The 86th Akhila Bharata Kannada Sahitya Sammelana (All India Kannada Literature Conference) organised by the Kannada Sahitya Parishat was inaugurated on Friday with much fanfare in Chief Minister Basavaraj Bommai's native city Haveri.

However, the literary conference has run into controversy for sidelining Muslim authors and litterateurs. Condemning this literary event for sidelining Muslim writers, Kannada activists and like-minded litterateurs have organised a single-day parallel literary conference in Bengaluru on January 8. It has been decided to make well-known Kannada writer Bhanu Mushtaq as the president of this parallel literary event. Dalit writer and retired bureaucrat, Moodnakoodu Chinnaswamy will inaugurate this conference which will be held at the premises of Alumni Association near KR Circle. The convention is named as "Jana Sahitya Sammelana" (People's Literature Convention). **–IANS**

2 arrested in Kalaburagi schoolboy kidnap case

Karnataka Police cracked the kidnapping case of a schoolboy and arrested two persons in Kalaburagi on Friday.

The accused kidnapped the boy, a Class 4 student, on January 4 and demanded Rs 10 lakh from the parents.

The arrested persons have been identified as Arun Bhajanthri and Lakshmana Bhajanthri, residents of Santrasawadi locality in the city. The police conducted an operation in the early hours and rescued the boy, Sudarshan.

Sudarshan, son of Gurunath Rathod, a resident of Siddeshwara Colony and a teacher, was kidnapped by the accused persons when he was going to school. The boy had come out of his house and was waiting for the school bus.

The incident created tension and raised concerns among the parents who have school going children. The accused, who came in an auto-rickshaw, on the pretext of asking for the address of a hospital engaged the boy into conversation and kidnapped him. The accused called his father and demanded Rs 10 lakh and threatened that his son would be killed if he refused. The father lodged a complaint with the police. **–IANS**

Prostate cancer detection, easier now

Prostate cancer is the second most common and accounts for 7.1 per- cent of the total cancers in men and early diagnosis are critical in improving the outcomes. Conventional investigations methods miss the diagnosis by 35-45%. The current biopsy method of TRUS biopsy can lead to several infections still misses the diagnosis by 25%.

According to Dr Manohar T, chief of urology, uro oncology & kidney transplantation laser, laparoscopic, transplant and robotic surgeon at Apollo Hospital Seshadripuram and Director, Apollo Institute of renal sciences (AIRS), said, "We have introduced MRI fusion TRUS guided trans-perineal targeted biopsy, a novel technology that enhances the accuracy of cancer detection by 95 per-cent to 97 per-cent, which was impossible to achieve with conventional diagnosis methods." He added that in this procedure one has to undergo multi-parametric magnetic resonance imaging (mpMRI) and contouring of the lesions suspected to be cancerous and prostate size is marked by a special software pack. The image is then transferred to the special ultrasound done transrectally. Keeping the target in situ, a small bore needle is passed perineally (the area between the scrotum and the anus) via a grid for a more accurate yield of tissue. **–BMB**

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BENGALURU SPEAKS

and gets heard on this page

STORYBEHINDTHEPHOTO

REST BEFORE TAKE OFF

A little green sunbird perches on a scarlet spiral flag flower

The picture was clicked by BM reader **A Avani**

If you have a picture and a story to share, send us the picture with your name and number at **mybangaloremirror@timesgroup.com**

Park entry: Call for online payment option

Residents seek online payment option for tickets to enter Kadugodi Tree Park

Shreyashi Mukherjee
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TWEETS @BangaloreMIRROR

The park closes at 6 pm, office-going residents ask for extending closing timing so that they can visit post office

The visitors of the Kadugodi Tree Park demand for the system of online payment to be present along with the option of cash payment, when it comes to paying for their entry ticket.

For the people living nearby, the park is their favourite place to unwind and spend some time amidst nature. However, they feel that having an online system of payment will make visiting the park more convenient.

Roshan Gupta, a resident of Whitefield, told Bangalore Mirror that since he stays very near to the tree park he often visits it without any prior plans. "We often forget to carry any cash or change with us. Moreover, because of the habit of using online payments all the time, we do not have the habit of carrying change with us at all. So it would be very convenient if they have an online payment option," he said.

According to Rakshita K, a student, she travels a lot as she goes to college and prefers walking, she doesn't carry cash. Whatever money she has, is on her phone.

"There have been times when my friends and I made plans to visit the park all of a sudden, but they were accepting only cash and none of us carried extra change. At last we had to return," she said. Other residents added that they prefer carrying larger denominations for which getting change in return is tough at the park.

"The only cash thing is really a disappointment. Many do not have the habit of carrying cash that too Rs 10. Even if I am carrying cash, it will most likely be notes of Rs 100 or Rs 500. So implementing the online payment system will not only make it convenient for the people but also attract a lot more people," said Sumit Arora, another resident.

Many visitors also pointed out the timings of the park as it is open till 6 pm. However, office going people feel that they should increase the timing as by the time they return from office the park closes.

"They should extend the opening hours as for people like me, by the time we come back from office it's already 7pm," Ravindar Kothari, another resident. Meanwhile, Ravishankar SS, DCF, told BM that they will take permission from the respective authorities and will try to implement these soon in the near future.

DID YOU KNOW?

Sappers War Memorial located at Brigade Road is the oldest war memorial in the city. It is dedicated to the Madras Pioneer regiment that fought World War 1 and was raised by the British in Madras. On behalf of the British, the soldiers of this regiment had fought various battle zones like in Afghanistan, Burma and East Africa. The memorial was built in the similar design as the ones built in other British colonies. The name was given to Madras Pioneer as the regiment had a lot of Tamil speaking soldiers. The regiment was present in Bengaluru for a long time. The memorial was unveiled in 1928. It has four faces and is open to the public. The first face is dedicated to officers, non- commanding officers and pioneers who died in the Great War of 1914-1918. The second face is titled as East Africa 1914-18, third as Mesopotamia 1916-18 and fourth as North West Frontiers 1915.

GET HEARD WITH MIRROR

9591233247

Let's see how much you know about Namma Bengaluru, folks. Tell us something incredible and mind-boggling about this beautiful city and our editors and researchers will check it out. If it's credible, we'll give it a shout-out, with your name and picture.

TAPTHECHATTER

where Bengalureans speak their mind

How did you fare with your NY resolution in the first week of 2023?

Divya Sarma, BM Reader
For a long time I was trying to reduce my screen time, but failed. From day one of 2023, I have set myself a time boundary, hope it works this time

V Panchapakesan, BM Reader
Last year I vowed not to procrastinate any plan. I ended up procrastinating the implementation of the vow itself.

Aditya Khokar, BM Reader
I have been trying to actively keep up with NY resolutions of cherishing the smallest things on time such as waking up and watering plants in the garden.

Shaejyuti Ghosh, BM Reader
I have been keeping up with the New Year resolution of waking up earlier than intended, started working out in the morning as intended and also started learning how to cook easy recipes at home all of which was under procrastination till last year.

Neelanti Paul, BM Reader
I have been working towards waking up early, cycling, eating two fruits a day and sleeping an hour early.

Ann Mary Philipose, BM Reader
New Year resolutions, sticking till now to eat non-veg once a week, two fruits every day, detoxing from the phone by using it one hour less and working out more in the morning or evening for at least half an hour.

SPEAK TO US

Give suggestions to make campuses safer

If you want to be featured in this section, mail us your answer to this question, in 25 words, with 'Tap The Chatter' in the subject line. Mail us with your name, occupation & a picture at mybangaloremirror@timesgroup.com or WhatsApp us on 9591233247

HEALTH TIP: According to studies of the world's longest-living populations, sitting on the floor can help us stay healthier for longer

A glass of wine in the evening might help you fall asleep, but can impact the quality of your slumber, leaving you sluggish the following day

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Flying long-haul?

Here's what happens to your body on air; ways to deal with it

Longer flights mean you are more likely (but not always) to cross more time zones; jet lag usually becomes more problematic when you cross 3 or more time zones

Qantas has announced that it will fly passengers on non-stop flights from Australia's east coast to London from late 2025 that would see you in the air for more than 19 hours in one stretch. That's compared with current flights that take the best part of 24 hours but are broken up into shorter legs.

So what will happen to your body during longer flights?

1 You can become dehydrated

Dehydration is common on long-haul flights. It can explain why your throat, nose, and skin can feel dry on an aeroplane. The longer the flight, the greater the risk of dehydration. That's because of low levels of humidity in the cabin compared with what you'd expect on the ground. This is mostly because a lot of the air circulating through the cabin is drawn from the outside, and there's not a lot of moisture in the air at high altitudes.

You also risk dehydration by not drinking enough water, or drinking too much alcohol (alcohol is a diuretic, resulting in an increase in fluid loss).

So drink water before you jump on the plane. During the flight, you'll also need to drink more water than you usually would.

2 The cabin can play havoc with your ears, sinuses, gut, and sleep.

As the cabin pressure changes, the gas in our bodies reacts accordingly. It expands as the aircraft climbs and pressure decreases, and the opposite occurs as we descend. This can lead to common problems such as:

- earaches – when the air pressure either side of your eardrum is different, placing pressure on the eardrum
- headaches – can be caused by expanding air trapped in your sinuses
- gut problems – just accept that you're going to fart more.

You can also feel more sleepy than usual. That's due to the body not being able to absorb as much oxygen from the cabin air at altitude than it would on the ground. The good news is that most of these problems won't necessarily be more pronounced on longer flights. They're mainly an issue as the plane climbs and descends.

3 You could develop blood clots

Blood clots, associated with being immobile for long periods, are usually a big concern for passengers. These include clots that form in the leg (deep vein thrombosis or DVT) that can travel to the lung (where it's known as a pulmonary embolism).

If you don't move around on the plane, and the more of the following risk factors you have, the greater the chance of blood clots developing:

- older age
- obesity
- previous history or a family history of clots
- certain types of clotting disorders
- cancer
- recent immobilisation or surgery
- pregnancy or recently given birth
- hormone replacement therapy or oral contraceptive pill.

According to a review in 2022, combining data from 18 studies, the longer you travel, the greater the risk of blood clots. The authors calculated there was a 26 per cent higher risk for every two hours of air travel, starting after four hours.

So what about the risk of clots on these longer flights? We won't know for sure until we start studying passengers on them.

Until that evidence comes in, the current advice still applies. Keep moving, stay hydrated and limit alcohol consumption.

There's also evidence for wearing compression stockings to prevent blood clots. These stockings are said to promote blood flow in the legs and to help blood return to the heart. This would normally happen by muscle contractions from moving or walking.

A 2021 Cochrane review combined the results of nine trials with 2,637 participants who were randomised to wear compression stockings (or not) on flights lasting more than five hours.

No participants developed symptomatic DVTs. But there was evidence that people who wore the stockings considerably reduced their chance of developing clots without symptoms, and we know that any clot can potentially grow, move and subsequently, cause symptoms.

So if you are concerned about your risk of developing blood clots, see your GP before you fly.

Usually if you do develop a blood clot, you won't know about it until after the flight, as the clot takes time to form and travel. So keep an eye out for symptoms after the flight – pain and swelling in a leg (often just the one), chest pain, coughing and shortness of breath. And seek emergency health care if you do.

4 Then there's jet lag, radiation, covid

Longer flights mean you are more likely (but not always) to cross more time zones. Jet lag will usually become more problematic when you cross three or more, especially if you're travelling east.

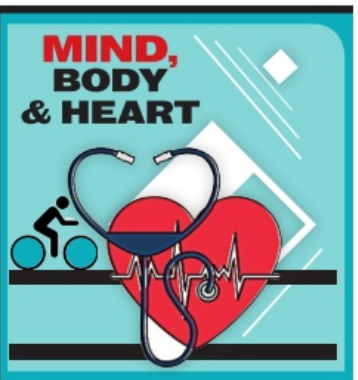
And if you take long-haul flights very often, it's reasonable to assume that the longer you're in the air, the greater the exposure to cosmic radiation. As the name suggests, this is radiation that comes from space, which may increase the risk of cancer and reproductive issues. We don't know what level of exposure is safe. However, unless you fly frequently it's unlikely to be a problem. If you're pregnant or have other concerns, have a chat to your GP before you fly.

And don't forget covid. Take the usual precautions – wash your hands regularly, wear a mask and don't fly if you're unwell.

In a nutshell

Follow the advice the airlines give you. During flight, make that extra effort to move about the cabin, drink water, wear a mask and practise good hand hygiene.

—By Tony Schiemer, University of Adelaide (The Conversation)



All problems solved

Dear Coleen

Just before Christmas, I threw a surprise 30th birthday party for my girlfriend and I've been really shocked and upset by her reaction to it.
We've been dating for a year and it's been great as far as I'm concerned.
When we showed up at the restaurant on the night, she looked miserable as her friends and family sang happy birthday.
When I asked her why she looked unhappy she got angry and said she "hates surprises".
To cut a long story short, after lots of talking and arguing, it turned out that she's not sure about our relationship and has personal stuff she needs to deal with too.
Apparently, her parents' marriage is struggling, which I didn't know, and they're heading for divorce.
I get that she's upset about it, but why should this affect our relationship? She's planning to move in with her sister for the time being and I'm feeling crushed. Is this just her way of moving out of my life for good?

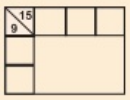
COLEEN SAYS

It sounds like she's not sure what she wants and her parents' troubles are now taking up headspace, too.
I know it's difficult when you really love someone and want to support them, but I think the best thing would be to give her the space she needs.
Parents splitting up shakes your foundations and it might have made your girlfriend question the direction her own life is going in.
It's interesting you didn't know divorce was on the cards – she didn't confide in you, which shows a communication issue. Usually, your partner is the first person you go to when you need comfort.
There's every chance she'll move out and realise she wants to be with you but, in the meantime, don't put your life on hold.

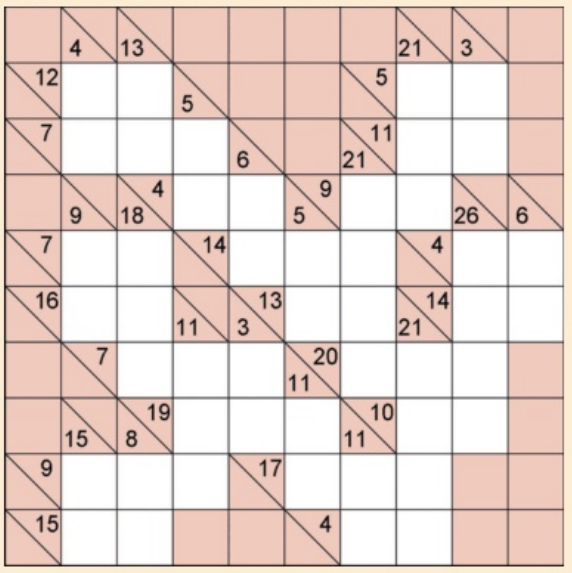
—Coleen Nolan, Daily Mirror

Kakuro

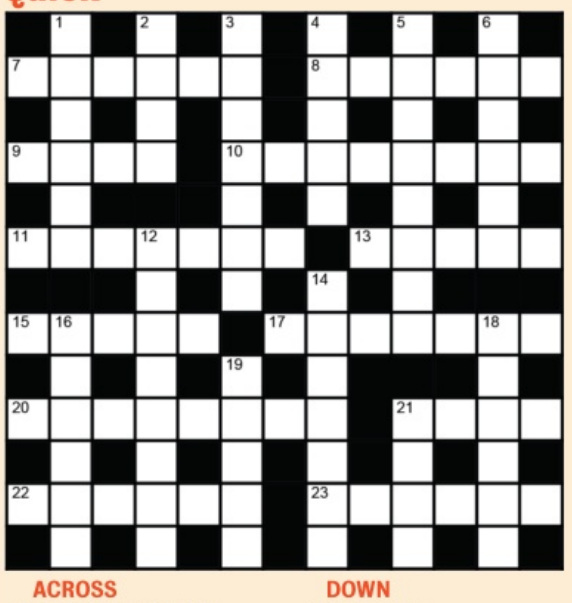
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 Slip by; pass away (6)
8 Applauds (6)
9 Made up a story (4)
10 Negatively charged subatomic particle (8)
11 Studies again (2-5)
13 Crazy or slightly eccentric (5)
15 Tom Sawyer's aunt (5)
17 The ripe fruit of a rose (7)
20 Tourist destination famous for white water rafting (8)
21 Repast (4)
22 Rat-like animals (6)
23 Put to work (6)

DOWN

1 F1 team (6)
2 Copied (4)
3 Fables, fantasies or myths (7)
4 Played out (5)
5 A piece of lab equipment (4-4)
6 Sample (3,3)
12 Overshadows (8)
14 Exacted revenge (3,4)
16 Twenty-four hours? (3,3)
18 Lined up (2,1,3)
19 For better or for ___? (5)
21 Brood (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: I EQUALS P

AWJBOJBGB QB PYVC TVJR IOWINO BVR QJ AYWUGB MGC XW JWC MONQOEO VB QJX-QEQXGVNB.

Linemaro

You are so good looking, you could be the 'after' picture in any ad

Mindchow

Art enables us to find ourselves and lose ourselves at the same time

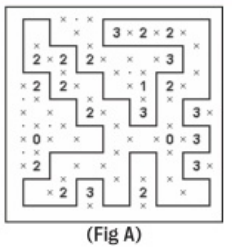
Joke of the day

Do hummingbirds hum because they don't know the words?

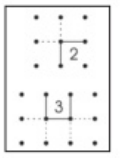
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

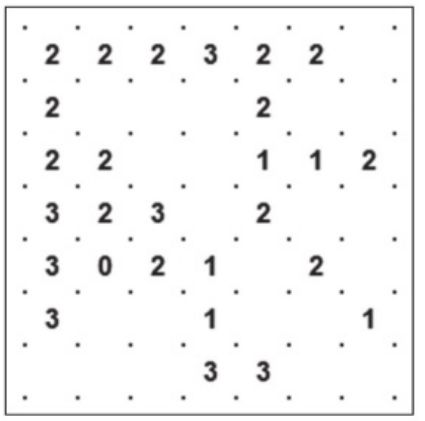


(Fig B) Not Allowed

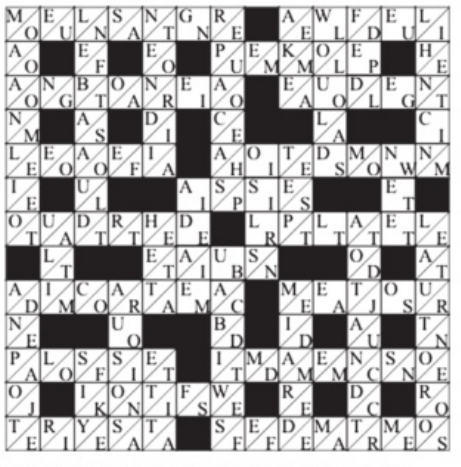
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



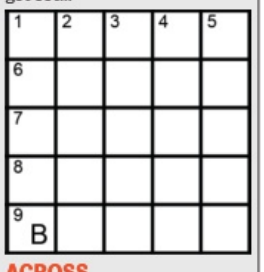
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 As apt; 6 Ulnar;
7 Rue at; 8 I'm FAA;
9 Lubes

DOWN

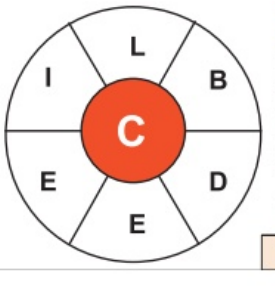
1 LM pub; 2 Laura;
3 Fauns; 4 Eat it;
5 As are

Mensapuzzle

What number should replace the question mark?

9, 16, 13, 13, 17, 10, 21, 7, ?

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

03 Average; 04 Good; 05 Outstanding

SudokuChallenge

				3		1		2
		9	5				3	7
				8		6	4	
5			8	9				3
	2						6	
3				4	2			8
	4	3		2				
7	9				5	4		
6		1		7				

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

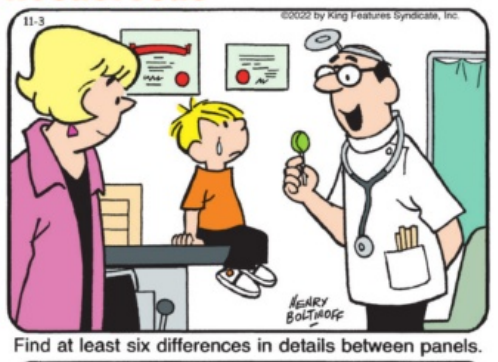
Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 16
7 9 9 9

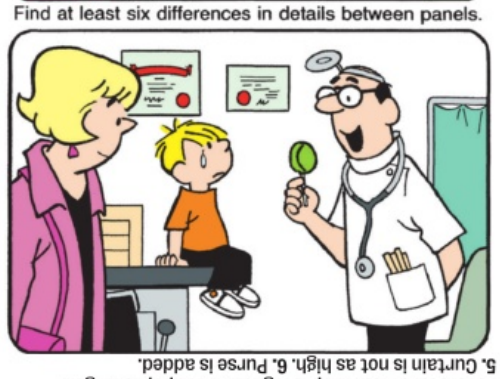
Medium = 6
4 5 6 9

Hard = 45
2 4 9 3

Hocusfocus



Find at least six differences in details between panels.



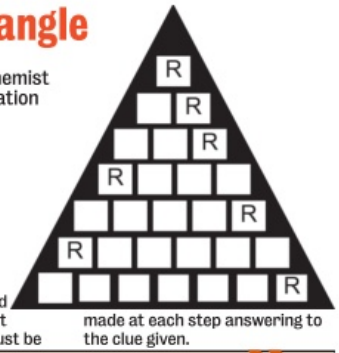
Differences: 1. Exam table is not as long. 2. Pocket is reversed. 3. Teardrop is higher. 4. Lollipop is larger. 5. Curtain is not as high. 6. Purse is added.

Riddler

I bought some fowls the other day, One hundred dollars did I pay. Each turkey did five dollars touch, Each goose did bring but half as much. While chickens, if it must be told, For ten cents each were freely sold. One hundred fowls in all had I, Of each how many did I buy?

Alpha triangle

1 18th letter
2 Iridium for the chemist
3 Russian space station
4 Hoarfrost
5 Collier
6 Stay behind
7 Sailor



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

WELL...WHAT DO YOU THINK, DAUGHTER-IN-LAW ?
I THINK IT'S THE MOST DISGUSTING IDEA I'VE EVER HEARD!
AND WHAT, MAY I ASK, IS WRONG WITH PRUNE WINE?

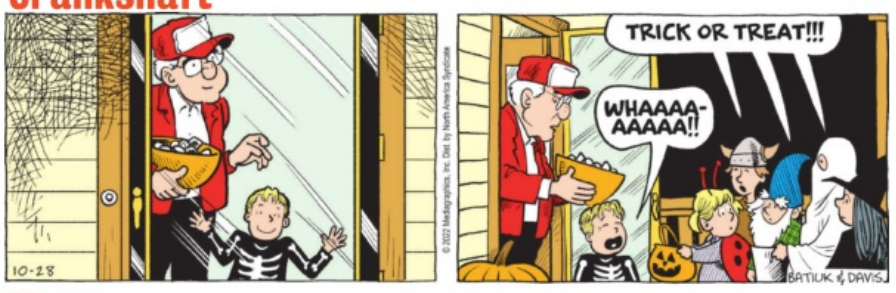
Bizarrotrip

Diamond Lil

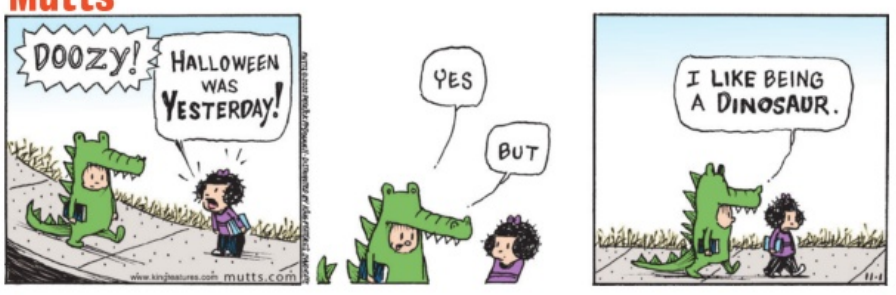
Hart of the city

HOW ARE YOU SO KNOWLEDGEABLE ABOUT ALL THESE CLOTHES?
IF YOU REALLY LIKE SOMETHING, IT CAN KIND OF TAKE OVER YOUR BRAIN, YANNO?
I FEEL THE SAME WAY!
ABOUT ANIME?
YES... ABOUT ANIME. OF COURSE.
KAT, PULL YOURSELF TOGETHER!!

Crankshaft



Mutts



WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today you are likely to feel internally strong. Your internal energy may be helpful for you to complete your projects before time. You are likely to hear some good news related to your siblings. There may be some short trips related to business lined up for you.

Taurus Apr 21 – May 20
Today you will be happy. You will spend quality time with your family or friends. You may buy something for your family or friends. Domestic harmony will be improved, but you are advised to control your straightforwardness and harsh way of speaking.

Gemini May 21 – Jun 21
Today, time will be favourable. Your focus will be good. You will be busy with the implementation of your plans in terms of growth in business. Your prestige in society will be increased. You will make some new partners in business, which will give you benefits in the near future.

Cancer Jun 22 – July 23
Today you will feel dull. You will feel negativity pulling you back from taking strong decisions, which will affect your professional commitments. You will not be able to complete tasks on time. It is advised to avoid adventure tours or rash driving.

Leo Jul 24 – Aug 23
Your losses will convert to profits now, which will increase liquidity in your business. You will generate some extra income. Your kids' health will be better now. Lovebirds will take some decisions in terms of marriage. With the help of wisdom, you will keep yourself safe from conspiracies against you.

Virgo Aug 24 – Sep 23
Today you will be busy at work. You will plan to make investments in business in terms of growth. You will be able to implement your plans easily, which will boost your confidence. You will be praised by your seniors. You can expect to get some important positions in your work.

Libra Sep 24 – Oct 22
Today you will get ample opportunities in terms of work, which will grow your business. With the help of an influential person, you will get benefits in terms of your work. There will be mental peace and happiness around you. Job seekers will hear good news in terms of suitable work. You will plan to visit some spiritual place.

Scorpio Oct 23 – Nov 22
Today your moon is negative. There will be some dullness in your nature. You will be arrogant, which can affect your professional and domestic life. It is advised to drive safely and avoid going for adventure tours. Couples and lovebirds are advised to keep distance from controversies and control their tongue while speaking.

Sagittarius Nov 23 – Dec 22
Today you will be blessed by the positive moon. Things will be under control now. In partnerships, many issues will be resolved. You will start implementing new plans in your business. Students will take quick decisions in terms of their career. Job seekers will hear good news in terms of new job opportunities. Ego issues between couples will be resolved now.

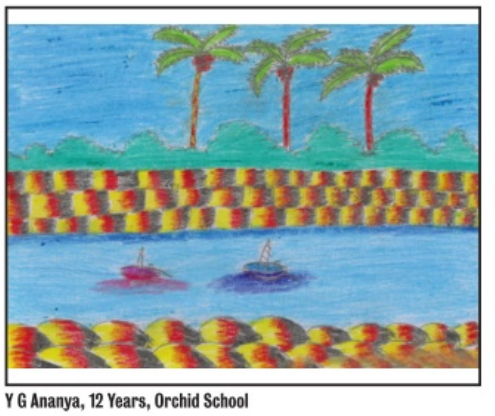
Capricorn Dec 23 – Jan 20
Today will be a good day. Money which was stuck somewhere will be recovered now, it will increase liquidity in the business. There will be some good news in terms of jobs. Your performance will be good. You can expect promotions. There will be some good news in terms of legal matters as well.

Aquarius Jan 21 – Feb 19
Today you may feel positive energy around you. You may plan for higher studies to groom your career. You may be busy with your kids. Students are advised to focus on themselves and their studies to achieve desired goals.

Pisces Feb 20 – Mar 20
Today the moon is not favourable for you. Situations may be disappointing somehow and you may be impatient and unable to focus on your goals. Investments in fixed assets are advised to be postponed for a while.

KIDZONE

Rida Seemeen, 9 Years, Carmel Convent



Y G Ananya, 12 Years, Orchid School

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
√(3 (46 – 12 * 3 + 2))
√(3 (46 – 36 + 2))
√(3 (10 + 2))
√(3 * 12)
√36 = 6

BULL'S EYE
cede, DECIDEL, dice, Iced, Ilce

STRIKE OUT

M	E	L	A	N	G	E	A	W	F	U	L	E		
O	E	O	P	E	K	O	E	E						
O	N	T	A	R	I	O	A	U	D	E	N			
N	S	I	C	L				I						
L	O	O	F	A	H	O	E	D	O	W	N			
I	U	A	S	I	S	E								
T	A	T	E	D	L	P	L	A	T	E				
L	T	A	B	S	D	A								
D	I	O	R	A	M	A	J	O	R					
E	U	B	I	N										
P	O	S	I	T	I	M	M	E	N	S	E			
O	K	N	I	F	E	C	R							
R	A	T	E	L	S	E	M	P	L	O	Y			
D	S	R	V	O	R									
K	E	M	P	H	O	L	E	M	E	A	L			
N	I	W	T	N										
P	O	L	L	Y	R	O	S	E	H	I	P			
C	S	G	B											
R	E	R	E	A	D	S	N	U	T	T	Y			
N	N	D	T	U										
L	I	E	D	E	L	E	C	T	R	O	N			
P	E	G	T	S	Y									
E	L	A	P	S	E	C	H	E	E	R	S			
R	A	T	E	L	S	E	M	P	L	O	Y	E	R	
Y	S	E	N	E	W									

QUICK

A	A	L	A	T	T									
E	L	A	P	S	E	C	H	E	E	R	S			
P	E	G	T	S	Y									
L	I	E	D	E	L	E	C	T	R	O	N			
N	N	D	T	U										
R	E	R	E	A	D	S	N	U	T	T	Y			
C	S	G	B											
P	O	L	L	Y	R	O	S	E	H	I	P			
K	E	M	P	H	O	L	E	M	E	A	L			
D	S	R	V	O	R									
R	A	T	E	L	S	E	M	P	L	O	Y	E	R	
O	K	N	I	F	E	C	R							
N	I	W	T	N										
O	N	T	A	R	I	O	A	U	D	E	N			
E	U	B	I	N										
D	I	O	R	A	M	A	J	O	R					
L	T	A	B	S	D	A								
I	U	A	S	I	S	E								
T	A	T	E	D	L	P	L	A	T	E				
L	U	N	A	R										
O	E	O	P	E	K	O	E	E						
N	S	I	C	L				I						
L	O	O	F	A	H	O	E	D	O	W	N			
I	U	A	S	I	S	E								
T	A	T	E	D	L	P	L	A	T	E				
L	T	A	B	S	D	A								
D	I	O	R	A	M	A	J	O	R					
E	U	B	I	N										
P	O	S	I	T	I	M	M	E	N	S	E			
O	K	N	I	F	E	C	R							
R	A	T	E	L	S	E	M	P	L	O	Y			
D	S	R	V	O	R									
K	E	M	P	H	O	L	E	M	E	A	L			
N	I	W	T	N										
P	O	L	L	Y	R	O	S	E	H	I	P			
C	S	G	B											
R	E	R	E	A	D	S	N	U	T	T	Y			
N	N	D	T	U										
L	I	E	D	E	L	E	C	T	R	O	N			
P	E	G	T	S	Y									
E	L	A	P	S	E	C	H	E	E	R	S			
R	A	T	E	L	S	E	M	P	L	O	Y	E	R	
Y	S	E	N	E	W									

MENSA PUZZLE
25: there are two alternate sequences: +4 and –3

RIDDLER
12 turkeys, 13 geese, and 75 chickens

QUOTE UNCODE
Consensus is what many people say in chorus but do not believe as individuals.

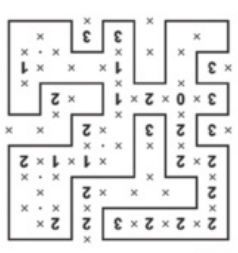
SUDOKU

4	8	5	6	3	7	1	9	2
2	6	9	5	1	4	8	3	7
1	3	7	2	8	9	6	4	5
5	7	4	8	9	6	2	1	3
9	2	8	1	5	3	7	6	4
3	1	6	7	4	2	9	5	8
8	4	3	9	2	1	5	7	6
7	9	2	3	6	5	4	8	1
6	5	1	4	7	8	3	2	9

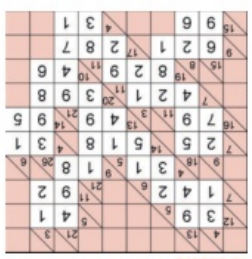
ALPHA TRIANGLE
R, In, Mir, Rime, Miner, Remain, Mariner.

GO FIGURE
Easy
9 – 9 + 9 + 7 = 16
Medium
6 + 4 + 5 – 9 = 6
Hard
4 / 2 + 3 x 9 = 45

LOOP



KAKURO



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Big cat person
Honouring actress Raveena Tandon for her contribution for preservation of wildlife, Kanpur zoo named a tiger cub after her. Raveena took to Twitter to express her thanks

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Up close & personal

4 actresses who spoke about shooting intimate scenes

While it might look easy and organic on screen, shooting intimate scenes can be quite taxing for the actors; especially when they are surrounded by bright lights and a crowd of crew members on set. Some actors in Bollywood are outright uncomfortable doing intimate scenes on screen. Meanwhile, others have stepped up and embraced it as a part of their job. From Deepika Padukone, Bhumi Pednekar to Tamannaah Bhatia, here's what actresses who have shot intimate scenes on screen have to say.

Bhumi Pednekar

Bhumi has been making heads turn with her power-packed performances. She especially raised eyebrows with one of her intimate scenes with Neil Bhoopalam in 'Lust Stories'. The scene was shot without an intimacy coordinator on set. However, the actress revealed how director Zoya Akhtar took both of them through it. Bhumi revealed that she was quite nervous to perform the scene with a room full of people and barely any clothes on her body. The actress also revealed that she sat down and set boundaries with her co-star, and this talk that Zoya, Neil, and she had was very important.

Deepika Padukone

Deepika raised the temperature and raised quite a few eyebrows with her kissing and intimate scenes with co-star Siddhant Chaturvedi in 'Gehraiyaan'. During one of the virtual press conferences, Deepika revealed that director Shakun Batra created a safe and secure environment on set. According to her, intimacy isn't easy, and it hasn't been explored in Indian cinema before the way it has in 'Gehraiyaan'. The actress added that it is possible when you feel safe and secure in the environment.

Tamannaah Bhatia

While a lot of necessary precautions are taken into consideration for the female actors to be comfortable while shooting intimate scenes, little or no attention is paid to ensuring that the male actors are also comfortable.

According to Tamannaah, men are more awkward in intimate scenes because they are also worried about how the woman is going to feel. She went on to say that it's all about realising that actors are just people, and that it's not about men or women.

Radhika Apte

Radhika has been a part of many such intimate scenes in her movies. However, she feels that an intimacy coordinator is necessary on the set to create a safe environment. According to her, people get exploited, and sometimes the people who exploit you do not do it with the intention of doing so. She recalled a situation where she was told to do something under a lot of pressure, and she agreed to do it. It was only later that she realised that it was wrong.

Refreshingly different

Cocktail begins with a girl waiting at an underpass and desperately trying to contact her near and dear ones over the phone. A stranger, who is dressed as a clown, appears on the scene and kills her brutally.

Later, the stranger is seen jaywalking as he guzzles down beer from a bottle.

At this juncture, the scene shifts to a tourist spot near Ramanagara where a girl is found dead under suspicious circumstances. The director introduces a scene where Vikram (Viren Keshav), an aspiring actor, becomes a script writer as no one comes forward either to direct or to bankroll a movie with him.

With no other option, Vikram tries his luck at a reality show. In the show, he is given a task of convincing girls to kiss him.

He happens to meet Vaishali (Charishma) at a bus stop. He asks her to kiss him. She reluctantly agrees to kiss him after coming to know about his futile attempts to become a movie actor. They soon fall in love. Later, he comes to know that she is staying at a paying guest house that is known for supplying girls to politicians, police personnel and others. What happens to them is what the story is all about.

Director Sriram Babu deserves appreciation for selecting a different theme to make this movie. He has proved his mettle with an unexpected ending to the story.

Viren Shah has tried his best to establish himself as an actor, but in some scenes, he looks unemotive. As far as his performance in emotional and romantic scenes is concerned, he has to improve a lot. Charishma looks beautiful and is good at dialogue delivery.

Among the other artistes, Shobaraj, known for playing the bad guy and corrupt police officers, has excelled in his assignment. His dialogues and body language are superb. His interaction with Mahantesh Hiremath in a police station is a treat to watch.

Director-cum-actor Shivamani as a priest, Kari Subbu as a hapless father who sells his daughter to a brothel, Ramesh Pandit as a lecherous politician, and Chandrakala Mohan, as a brothel owner, have provided good support. Music by Loki Tavasya is good. Of the songs, Neenena Neenena is good.

It is worth a watch for those who like a twist in the tale.

—Y Maheswara Reddy

COCKTAIL
3.0 RATING ★★★☆☆
- **DIRECTOR** Sriram Babu
- **ACTORS** Viren Keshav, Charishma, Shobharaj, Ramesh Pandit, Shivamani, Kari Subbu
- **CERTIFICATION** U/A
- **Duration** 131 minutes